

PUBLIC REPORT PROMTPRESS

Channel audit

Food Blogger

Daniil

Khomenok



@gastroblogger

Food blogger Daniil Khomenok's channel – Goodwill Ambassador of the Gastronomic Book of Records of Russia 🇷🇺 For ads: <https://clck.li/ilnHx> <https://clck.ru/3Q8dqx> and @Anna_Katalina Food channel:...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
100 192	12.0%	16.2K
-3921 per month 25.06.2026	per day 6.5% HTTPS://PROMTPRESS.COM/AUDIT/GASTROBLOGGER	ad reach 6.5K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 100 192 —	 SUBSCRIBER REACH 16.21% avg % subs see post	 VIEWS/POST 16.2K median 16.3K · 28 days	 POSTS/WEEK 3.2 for the period
 7D TREND — no data for period	 REACTIONS/POST 368.8 total 4,794 reactions, 651 reposts, 106 comments	 POST LENGTH 705 chars median 688 · 28 days	 POSTS ANALYZED 13 28 days
 AD REACH 6.5K 24h avg	 CHURN / MONTH -3921 last month	 CITATION RATE 19 citation index · 58 channels mentioned all time	 CHANNEL AGE 3 years 4 months created 16.02.2023

AI EDITOR SUMMARY

Channel «Food Blogger Daniil Khomenok» — 100 192 subs. Each post avg views 16.2K people (16% from subs), avg reach — room to grow. Posts 3 posts/week (~0/day) — rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers – to see what to repeat and what to drop from rotation.

WHAT TOP POSTS SHARE

- 01 Analysis based on 13 posts over 28 days.
- 02 Dominant format – Video (9/13 posts).
- 03 Avg post length – 705 chars (median 688).
- 04 Peak audience activity – Wednesday, 10:00 MSK.
- 05 Top posts get 1x more views than the weakest (17.4K avg for top vs 15.9K for worst) – among 13 posts in 28 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 27.05 · 07:13 VIDEO
(captionless post – video)

VIEWS	REACTIONS
17 824	386
REPOSTS	ER
68	17.8%

Nº2 27.05 · 13:49 PHOTO
Stopped by Andrey Kaygorodov today – and didn't regret it. First treated him to mantak from Chukotka (yes, the one for the brave), and then...

VIEWS	REACTIONS
17 477	432
REPOSTS	ER
90	17.4%

Nº3 09.06 · 16:11 VIDEO
A unique festival «Ural. Music. Food» launched in Yekaterinburg – it combined two bright events: Ural Music Night and the festival...

VIEWS	REACTIONS
16 856	438
REPOSTS	ER
78	16.8%

Nº405.06 · 13:53 PHOTO Tiramisu limoncello XXL (treat from the Happy People restaurant team) – a generous dessert with a recognizable citrus note...	VIEWS	REACTIONS
	16 717	316
	REPOSTS	ER
	48	16.7%

Nº502.06 · 11:16 VIDEO (captionless post – video)	VIEWS	REACTIONS
	16 506	356
	REPOSTS	ER
	84	16.5%

|

WORST 3

↓ 15.06 · 08:34 PHOTO Just completed an 8-hour flight and finally made it to Petropavlovsk-Kamchatsky. First thing I did upon arrival –...	VIEWS	REACTIONS
	15 943	347
	REPOSTS	ER
	34	15.9%

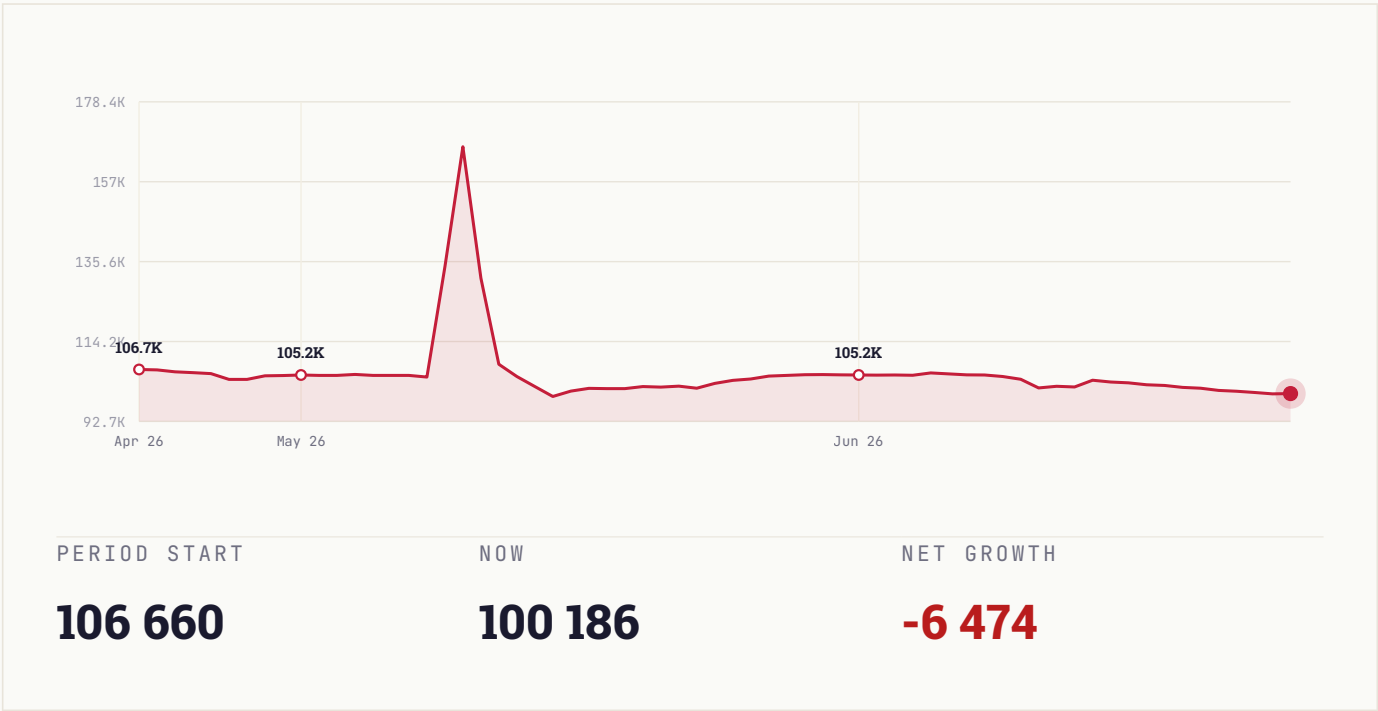
↓ 22.06 · 13:17 PHOTO Business breakfast in Petropavlovsk-Kamchatsky – speaking before the government, top officials, and business owners, while inside everything...	VIEWS	REACTIONS
	15 863	421
	REPOSTS	ER
	23	15.8%

↓ 15.06 · 08:37 VIDEO (captionless post – video)	VIEWS	REACTIONS
	15 851	333
	REPOSTS	ER
	29	15.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

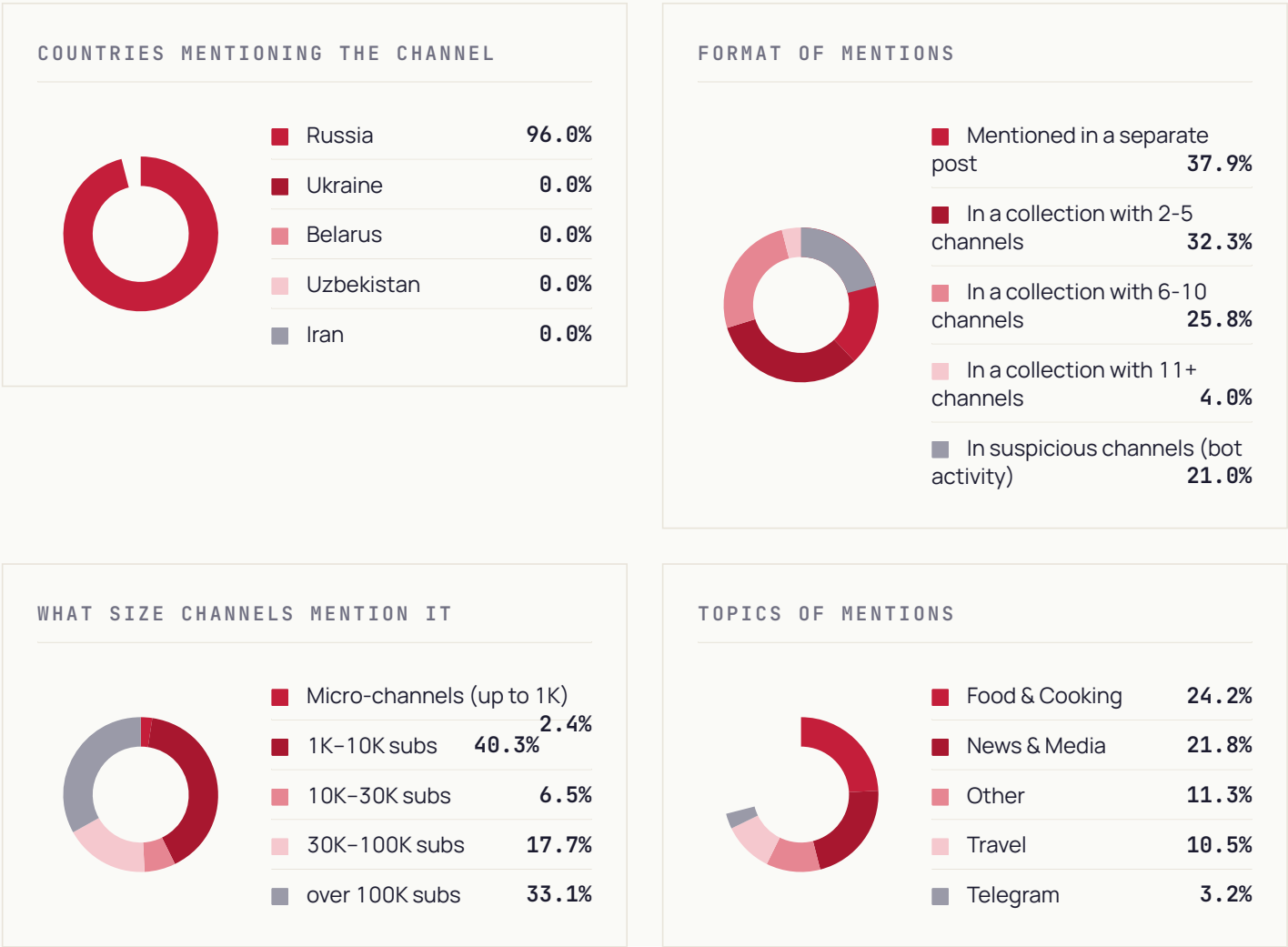
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

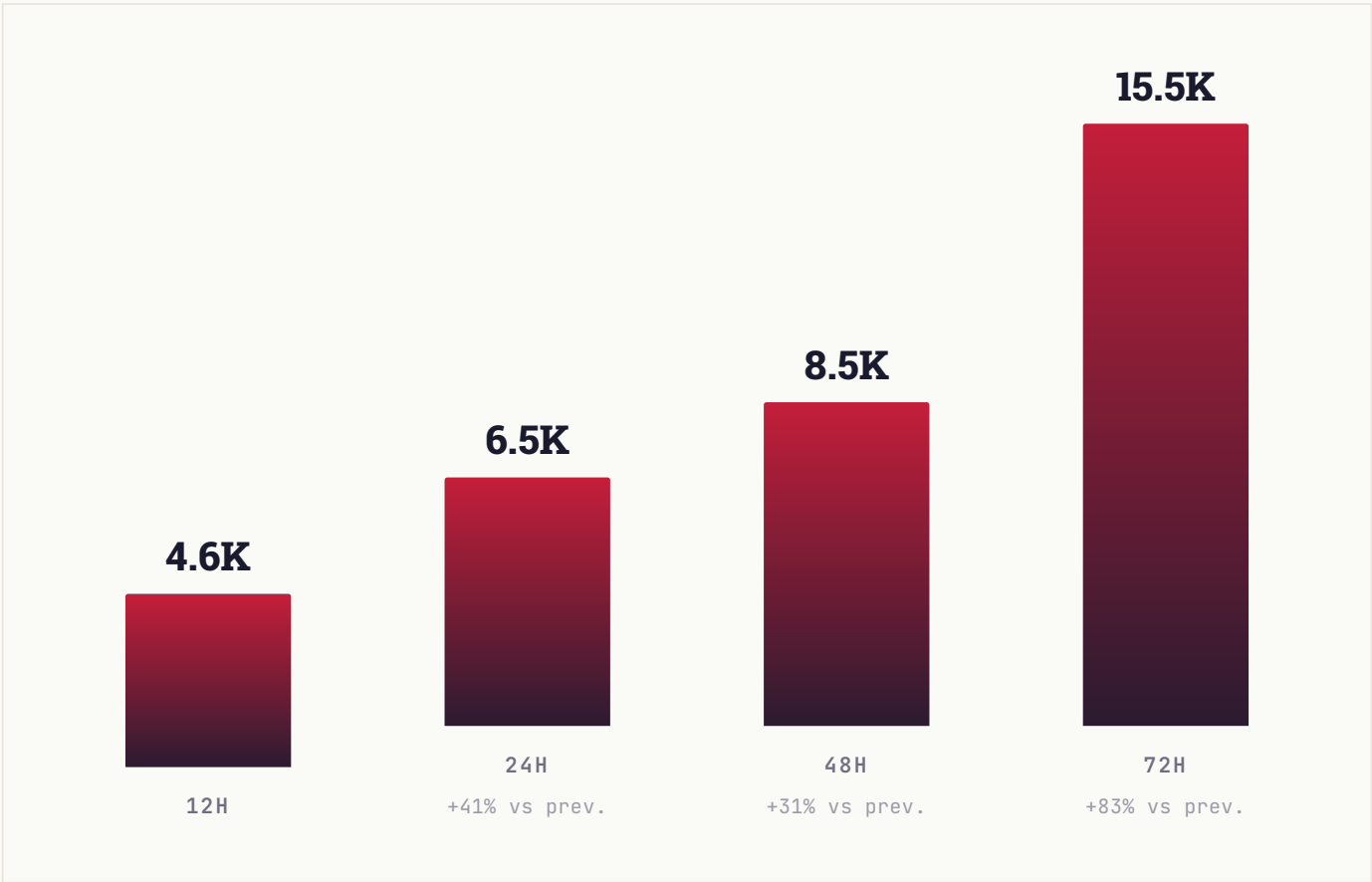
Citation index **19** – channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **58** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps gauge how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
KZ Test purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our body	482.9K
AU Ales Ulischenko Osteopath, PhD Author of faceplasty	479.3K
BZ Stay healthy	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
GD Food Blogger Daniil Khomenok YOU	100.2K

COMPARATIVE INSIGHT

Channel in bottom half of top-100 niche (#81 of 96). Niche median — 153.3K subs. First growth KPI — reach median. Leader: Test purchase (772.4K).

SECTION 07 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category "Health & Fitness» (Russia) and saw how your channel compares. Gray band — range where 80% of niche channels fall (p10 to p90). Black vertical — median. Red dot — your channel.

#81/100

POSITION IN NICHE

Channel in the bottom half of the ranking



— SECTION 08 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

- | | | |
|-----------|---|--|
| 01 | Increase posting frequency
Currently 3.2 posts/week. Active channels average 7-10. Consistency is key to retention. | EFFECT
Consistency beats volume |
| 02 | Top post of the week — on Wednesday
Audience is most active on this day at 10:00 MSK. | EFFECT
Best time for an important post |
| 03 | Systematic traffic buying
Three formats for your media: Inhouse (premium channels), Native (native integrations), Premium (target audience). PromptPress picks sources for your niche. | EFFECT
+1000-3000 subs |
| 04 | Test polls & interactive formats
Posts with polls/reactions usually boost ER by +5-15%. One poll per week on a hot topic — easy growth point. | EFFECT
+5-15% ER |
| 05 | Cross-promo with neighboring channels
Swap posts with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth. | EFFECT
Growth from relevant audience |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes using public data. Want to go further? Run ads through us and hit your growth plan in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
